

Heat Safety

- Stay inside in a cool ventilated place whenever possible.
- Restrict outdoor activities to early morning.
- If you must be outside, wear light loose fitting clothing.
- Drink plenty of water and take frequent breaks.
- Eat small meals and eat more often. Avoid foods that are high in protein.
- Check on the young, elderly and those with health conditions often.



National Weather Service

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Sources: Occupational Safety and Health Administration, American Red Cross, University of Arizona Medical Center .

Beat the *Heat!*



Extreme Heat is the number one weather related killer across Arizona. In this pamphlet, information concerning how to best protect yourself and your family from the dangers of extreme heat will be explained.



National Weather Service Tucson, AZ

Did You Know...

- In Tucson, its against the law to leave a child alone in a car, even for a minute.
- Temperatures in a car can quickly climb from 78°F to more than 125° F in as few as 6 minutes. A dark dashboard or seat can reach 180 degrees or greater.
- Even when its relatively cool outside (70° F), a car interior can exceed 125°F in minutes. When its hot in Tucson, car temperatures get extremely high very rapidly.
- Children's internal temperature-controlled mechanisms do not work as well as those of adults.
- Of hot-car child deaths, 51 percent were "forgotten", 30 percent resulted from a child playing in an unattended vehicle, and 18 percent were caused by an adult intentionally leaving a child in a car.



Heat Illness Terms and Symptoms

- **Heat Cramps:** Muscular pains and spasms due to heavy exertion. They involve the abdominal muscles or legs. It is generally thought that the loss of water from heavy sweating causes cramps.
- **Heat Exhaustion:** Occurs when people exercise heavily or work in a humid place where body fluids are lost through sweating. Blood flow to the skin then increases, causing blood flow to decrease to vital organs. This results in mild form of shock. If not treated, the conditions will worsen, body temperature will rise and the victim may suffer heat stroke.
- **Heat Exhaustion Symptoms:** Dizziness, headache, sweaty skin, weakness, cramps, nausea, vomiting, fast heart beat. Body temperatures will be near normal.
- **Heat Stroke:** Life threatening condition where the victim's temperature control system, which produces sweating to the body stop workings. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.
- **Heat Stroke Symptoms:** Hot, red skin, high temperature, confusion, exhaustion, shallow breathing, fainting. Body temperature can be as high as 105° F.

What to do if Heat Illness strikes

- **Heat Cramps:** Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and replenish liquids. Give a half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them as they can make conditions worse.
- **Heat Exhaustion:** Get the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. If the person is conscious, give cool water to drink. Make sure the person drinks slowly. Give a half glass of water every 15 minutes. Do not give liquids that contain alcohol or caffeine. Let the victim rest and watch for changes in condition.
- **Heat Stroke:** Life threatening condition, call 911. Move the person to a cooler place. Quickly cool the body. Immerse victim in a cool bath, or wrap wet sheets around the body and fan it. Watch for signals of breathing problems. Keep person lying down and continue to cool the body anyway possible. If victim refuses water, is vomiting or there are changes in consciousness, do not give anything to eat or drink.

